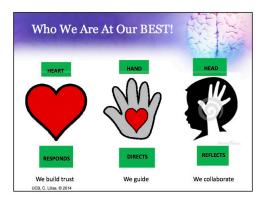
## Step One Cheat Sheet - Heart, Hand and Head

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Heart, Hand, and Head Personal Worksheet

HHH Reflection Individual Differences		
Heart Under Coordination	Hand Under Coordination	Head Under Coordination
Responsive	Directive	Reflective
Engagers	Doers	Thinkers
Heart Under Stress	Hand Under Stress	Head Under Stress
Give too much	Demand too much	Detach too much
Over accommodate	Dominate and control	Dismiss and ignore
Body Under Stress	Body Under Stress	Body Under Stress
Hypervigilance	Crying, Anger, Rage	Shut Down, Glazed
Fear, Anxiety	Hyperactivity, Mania	Depression, Dissociation

Individual Assessment: Please describe yourself or a client under conditions of who you are (s/he is) at your (his/her) best, when you (s/he has) have the most Coordination. There is no right or wrong answers. Notice in your descriptions if different contexts  $\mathsf{brin}_i$ out different parts of yourself/themselves.

Heart dynamics:

Hand dynamics:

Interpersonal Modes That Support Coordination		
Heart /Responsive Mode/Giving Self/Defer	Hand/ Directive Mode/Assertive Self/Demand	Head/ Reflective Mode/Private Self/Detach
Parent follows the child's lead	Parent takes the lead	Parent takes observing stance
Parent can give to others and shift beyond own needs, modeling this shift when contextually appropriate	Parent can stand up for own needs in relation to others' needs, modeling this stance when contextually appropriate	Parent can self-reflect on personal meanings, using hindsight, insight, and foresight, modeling this reflective process when
Parent provides warmth and engagement	Child asserts needs, wishes, desires	contextually appropriate Child can wait and observe
Child follows the parent's lead	Parent provides structure	Parent can patiently gather information
Both parent and child listen while the other is talking	Parent sets boundaries, limits, and logical consequences in a firm and clear way	Parent can offer a neutral stance and can contain own reactions; is thoughtful of the big picture; makes appropriate cause- effect links; is fair, logical
Both parent and child can offer mirroring and empathy when appropriate	Parent provides expectations	Parent guides and models problem-solving skills
Mutual empathy is present	Mutual respect for needs is present	Mutual willingness to participate in problem-solving
Interpersonal M	odes That Can Contribute to Los	
Overaccommodating/Defer to Child's Wishes or Anxiously Controlling	Demanding	Detaching
Parent is consistently too permissive Parent 'caves'' under pressure Parent is chronically overanxious Parent is chronically overprotective of child Anxiously tries to please Anxiously shadows adult figure; clingy "Co-dependent" relationship Prone towards poor boundaries (e.g., adult placates abusive spouse; child complies with bullies)	Parent is consistently harsh with discipline Parent becomes increasingly rigid under pressure Too demanding (either child or parent or both) Explosive reactions (either child or parent or both) Reactions frequently escalate (either child or parent or both) Lacks empathy (either child or parent or both) Prone to abuse others (e.g.,	Parent is consistently avoidant Parent becomes increasingly unresponsive under pressure Parent remains detached toward child even when need is pressing Too cut off from emotions (either child or parent or both) Too detached (either child or parent of both) Shows pervasive indifference toward any relationship Lacks empathy and is disengaged (either child or parent of both)

Heart, Hand, and Head Pattern Functional helper Heart Warm Overly Dysfunctiona Share info. Empathic controlling 1s rescuing Make contact Connect Cross-sector Repair Anxious to fix things communication Blaming the victim Take the lead Overly demanding Assertive Confront Hand Blaming the system Directive, Hostile attack Stand up action oriented Notice and share 25 differences Overly detached Take responsibility Passive avoidance Neutral Overly dismissive Antagonistic Learn, ask, & Passive-aggressive avoidance Reflective Head Denial of differences notice the impact anger Denial across domains 3s Problem-solve Dr. Valerie Batts Dr. Connie Lillas Dr. Valerie Batts Dr. Connie Lillas

parent violates child's boundaries with harshness; child finds pleasure in

harming others (or pets)

Head dynamics: